

munDaka upanishat

prathama munDakam prathamah khanDaha

om bhadram karnebhih shrunuyaama devaaha | bhadram
pashyemaakshabhiryajatraaha | sthirairamgaih tushTuvaam sastanoobhih vyashema
devahitam yadaayuhu | svasti na indro vrudhashravaaha | svasti nah pooshaa
vishvavedaaha | svasti nastaarkshyo arishTanemihi | svasti no bruhaspatirdadhaatu |
om shaantih shaantih shaantihi ||

brahmaa devaanaam prathamah sambabhoova vishvasya kartaa bhuvanasya goptaa |
sa brahmavidyaam sarvavidyaapratishThaamatharvaaya jyeshThaputraaya praaha
|| 1 ||

atharvane yaam pravadeta brahmaa~tharvaa taam purovaachaangire
brahmavidyaam |
sa bhaaradwaajaaya satyavahaaya praaha bhaaradwaajo~ngirase paraavaraam || 2 ||

shounako ha vai mahaashaalo~ngirasam vidhivadupasannah prapacCha | kasminnu
bhagavo vijnaate sarvamidam vijnaatam bhavateeti || 3 ||

asmai sa hovaacha | dve vidye veditavye iti ha sma yadbrahmavido vadanti paraa
chaivaaparaa cha || 4 ||

tatraaparaa rugvedo yajurvedah saamavedo~tharva vedah shikshaa kalpo
vyaakaranam niruktam Chando jyotishamiti | atha paraa yayaa tadaksharam
adhigamyate || 5 ||

yattadadreshyamagraahyamagotramavarnamachakshuh shrotram tadapaanipaadam |
nityam vibhum sarvagatam susookshmam tadavyayam yadbhootayonim paripashyanti
dheeraaha || 6 ||

yathornanaabhih srujate gruhnate cha yathaa pruthivyaamoshadhayah sambhavanti |
yathaa satah purushaatkeshalomaani tathaa~ksharaatsambhavateeha vishvam || 7 ||

tapasaa cheeyate brahma tato~nnamabhijaayate | annatpraano manah satyam lokaah
karmasu chaamrutam || 8 ||

yah sarvajnah sarvavidyasya jnaanamayam tapaha | tasmaadetabrahma naama
roopamannam cha jaayate || 9 ||

dviteeyah khanDaha

tadetatsatyam mantreshu karmaani kavayo yaanyapashyamstaani tretaayaam
bahudhaa santataani | taanyaacharatha niyatam satyakaamaa esha vah panthaah
sukrutasya loke || 1 ||

yadaa lelaayate hyarchih samiddhe havyavaahane |
tadaa~nyabhaagaavantarenaa~~huteeh pratipaadayet || 2 ||

yasya agnihotramadarshamapurna
maasamachaaturmaasyamanaagrayanamatithivarjitam cha |
ahutamanavishvadevavidhinaa hutamaasaptamaamstasya lokaanhinasti || 3 ||

kaalee karaalee ca manojavaa cha sulohitaa yaa cha sudhoomravarnaa | sphulinginee
vishvaruchee cha devee lelaayamaanaa iti sapta jivhaaha || 4 ||

eteshu yashcharate bhraajamaaneshu yathaakaalam chaa~~huyato hyaadadaayan |
tam nayantyetaah sooryasya rashmayo yatra devaanaam patireko~dhivaasah || 5 ||

ehyeheeti tamaahutayah suvarchasah sooryasya rashmibhiryajamaanam vahanti |
priyaam vaachamabhivadantyo~rchayantya esha vah punyah sukruto brahmalokaha
|| 6 ||

plavaa hyete adruDhaa yajnaroopaa ashTaadashoktamavaram yeshu karma |
etacChreyo ye~bhinandanti moodhaa jaraamrutyum te punarevaapi yanti || 7 ||

avidyaayaamantare vartamaanaah svayam dheeraah panDitam manyamaanaah |
janghanyamaanaah pariyaanti moodhaa andhenaiva neeyamaanaa yathaa~ndhaaha || 8 ||

avidyaayaam bahudhaa vartamaanaa vayam krutaarthaah ityabhimanyanti baalaaha |
yatkarmino na pravedayanti raagaattenaaturaah ksheenalokaashchyavante || 9 ||

ishTaapoortam manyamaanaa varishTham naanyacChreyo vedayante pramooDhaaha |
naakasya prushThe te sukrute~nubhootvemam lokam heenataram vaa vishanti || 10 ||

tapah shraddhe ye hyupavasantyaranye shaantaa vidvaamso bhaikshyacharyaam
charantah | sooryadvaarena te virajaah prayaanti yatraamrutah sa purusho
hyavyayaatmaa || 11 ||

pareekshya lokaankarmachitaanbraahmano nirvedamaayaannaastyakrutah krutena |
tadvijnaanaartham sa gurumevaabhigacChetsamitpaanish shrotriyam brahmanishTham
|| 12 ||

tasmai sa vidvaanupasannaaya samyakprashaantachittaaya shamaanvitaaya |
yenaaksharam purusham veda satyam provaacha taam tattvato brahmavidyaam || 13 ||

dviteeya munDakam ***prathama khanDaha***

tadetsatyam yathaa sudeeptaat paavakaad visphulingaah sahasrashah prabhavante
saroopaah | tathaa~ksharaadvividhaah somya bhaavaah prajaayante tatra chaivaapi
yanti || 1 ||

divyo hyamoortah purushah sa baahyaabhyantaro hyajaha | apraano hyamanaah
shubhro hyaksharaatparatah paraha || 2 ||

etasmaat jaayate praano manah sarvendriyaani cha | kham vaayurjyotiraapah pruthivee
vishvasya dhaarinee || 3 ||

agnimoordhaa chakshushee chandrasooryou dishah shrotre vaagvivrutaashcha vedaah
| vaayuh praano hrudayam vishvamasya padbhyaam pruthivee hyesha
sarvabhootaantaraatmaa || 4 ||

tasmaadagnih samidho yasya sooryah somaatparjanya oshadhayah pruthivyaam |
pumaan retah sinchati yoshitaayaam bahveeh prajaah purushaat samprasootaaha || 5 ||

tasmaadruchah saama yajoomshi deekshaa yajnaashcha sarve kratavo
dakshinaashcha | samvatsarashcha yajamaanashcha lokaah somo yatra pavate yatra
sooryaha || 6 ||

tasmaachcha devaa bahudhaa samprasootaah saadhyaa manushyaah pashavo
vayaamsi | praanaapaanou vreehiyavou tapashcha shraddhaa satyam brahmacharyam
vidhishcha || 7 ||

sapta praanaah prabhavanti tasmaat saptaarchishah samidhah sapta homaah | sapta
ime lokaa yeshu charanti praanaa guhaayashaa nihitaah sapta sapta || 8 ||

atah samudraa girayashcha sarve~smaatsyandante sindhavah sarvaroopaaah |
atashcha sarvaa oshadhayo rasashcha yenaisha bhootaistishThate hyantaraatmaa
|| 9 ||

purusha evedam vishvam karma tapo brahma paraamrutam | etadyo veda nihitam
guhaayaam so~vidyaagranthim vikirateeha somya || 10 ||

dviteeya khanDaha

aavih sannihitam guhaacharam naama mahatpadamatraitat samarpitam |
ejatpraanannimishachcha yadetajjaanatha sadasadvarenyam param
vijnaanaadyadvarishTham prajaanaam || 1 ||

yadarchimadyadanubhyo~nu cha yasmimllokaa nihitaa nihitaa lokinashcha |
tadetaksharam brahma sa praanastadu vaanbhanah | tadetsatyam tadamrutam
tadveddhavyam somya viddhi || 2 ||

dhanurgruheetvoupnishadam mahaastram sharam hyupaasaanishitam samdhayeeta |
aayamya tadbhaavagatena chetasaa lakshyam tadevaaksharam somya viddhi || 3 ||

pranavo dhanuh sharo hyaatmaa brahma tallakshyamuchyate | apramattena
veddhavyam sharavattanmayo bhavet || 4 ||

yasmindyoh pruthivee chaantarikshamotam manah saha praanaishcha sarvaih |
tamevaikam jaanatha aatmaanamanyaa vaacho vimunchathaamrutasyaisha setuhu || 5 ||

araa iva rathanaabhou samhataa yatra naaDyah sa esho~ntarashcharate bahudhaa
jaayamaanah | omityevam dhyaayatha aatmaanam svasti vah paaraaya tamasah
parastaat || 6 ||

yah sarvajnah sarvavidyasyaisha mahimaa bhuvi | divye brahmapure hyesha
vyomnaatmaa pratishThitah | manomayah praanashareeranetaa pratishThito~nne
hrudayam sannidhaaya | tadvijnaanena paripashyanti dheeraa
aanandaroopamamrutam yadvibhaati || 7 ||

bhidyate hrudayagranthishChinte sarvasamshayaaha | ksheeyante chaasya karmaani
tasmindrushTe paraavare || 8 ||

hiranmaye pare koshe virajam brahma nishkalam | tacChubhram jyotishaam
jyotistadyadaatmavido viduhu || 9 ||

na tatra sooryo bhaati na chandrataarakam nemaa vidyuto bhaanti kuto~yamagnih |
tameva bhaantamanubhaati sarvam tasya bhaasaa sarvamidam vibhaati || 10 ||

brahmevedamamrutam purastadbrahma pashchaadbhrahma dakshinatashchottarena |
adhashchordhvam cha prasrutam brahmaivedam vishvamidam varishTham || 11 ||

truteeya munDakam ***prathama khanDaha***

dvaa suparnaa sayujaa sakhaayaa samaanam vruksham parishasvajaate | tayoranyah
pippalam svaadvattyanashnannanyo abhishaakasheeti || 1 ||

samaane vrukshe purusho nimagno~neeshayaa shochati muhyamaanah | jushTam
yadaa pashyatanyameeshamasya mahimaanamiti veetashokaha || 2 ||

yadaa pashyah pashyate rukmavarnah kartaameesham purusham brahmayonim |
tadaa vidvaan punyapaape vidhooya niranjanah paramam saamyamupaiti || 3 ||

praano hyesha yah sarvabhootairvibhaati vijaananvidvaanbhavate naativaadee |
aatmakreeDa aatmaratih kriyaavaanesha brahmavidaam varishThaha || 4 ||

satyena labhyastapasaa hyesha aatmaa samyagjnaanena brahmacharyena nityam |
antah shareere jyotirmayo hi shubhro yam pashyanti yatayah ksheenadoshaaha || 5 ||

satyameva jayati naanrutam satyena panthaa vitato devayaanaha |
yenaakramantyrushayo hyaaptakaamaa yatra tatsatyasya paramam nidhaanam || 6 ||

bruhachcha taddivymachintyaroopam sookshmaachcha tatsookshmataram vibhaati |
dooraatsudoore tadihaantike cha pashyatsvihaiva nihitam guhaayaam || 7 ||

na chakshushaa gruhyate naapi vaachaa naanyairdevaistapasaa karmanaa vaa |
jnaanaprasaadena vishuddhasattvastatastu tam pashyati nishkalamdhyaayamaanaha ||
8 ||

esho~nuraatmaa chetasaa veditavyo yasminpraanah panchadhaa samvivesha |
praanaishchittam sarvamotam prajaanaam yasminvishuddhe vibhavatyasha aatmaa
|| 9 ||

yam yam lokam manasaa samvibhaati vishuddhasattvah kaamayate yaamshcha
kaamaan | tam tam lokam jayate taamshcha kaamaamstasmaadaatmajnam
hyarchayedbhootikaamaha || 10 ||

dviteeya khanDaha

sa vedaitatparamam brahma dhaama yatra vishvam nihitam bhaati shubhram |
upaasate purusham ye hyakaamaaste shukrametadatativartanti dheeraaha || 1 ||

kaamaanyah kaamayate manyamaanah sa kaamabhirjaayate tatra tatra |
paryaaptakaamasya krutaatmanastu ihaiva sarve pravileeyanti kaamaaha || 2 ||

naayamaatmaa pravachanena labhyo na medhayaa na bahunaa shrutena | yamevaisha
vrunute tena labhyastasyaisha aatmaa vivrunute tanoom svaam || 3 ||

naayamaatmaa balaheenena labhyo na cha pramaadaattapaso vaa~pyalingaat |
etairupaayairyatate yastu vidvaamstasyaisha aatmaa vishate brahmadhaama || 4 ||

sampraapyainamrushayo jnaanatruptaah krutaatmaano veetaraagaah prashaantaah |
te sarvagam sarvata praapya dheeraa yuktaatmaanah sarvamevaavishanti || 5 ||

vedaantavijnaanasunishchitaarthaah sanyaasayogaadyatayah shuddhasattvaaha | te
brahmalokeshu paraantakaale paraamrutah parimuchyanti sarve || 6 ||

gataah kalaah panchadasha pratishThaa devaashcha sarve pratidevataasu | karmaani
vijnaanamayashcha aatmaa pare~vyaye sarva ekeebhavanti || 7 ||

yathaa nadyah syandamaanaah samudre~stam gacChanti naamaroope vihaaya |
tathaa vidvaannamaroopadvimuktah paraatparam purushamupaiti divyam || 8 ||

sa yo ha vai tatparamam brahma veda brahmaiva bhavati naasyaabrahmavitkule
bhavati | tarati shokam tarati paapmaanam guhaagranthibhyo vimukto~mruto bhavati ||
9 ||

tadetadruchaa~bhyuktam | kriyaavantah shrotriyaa brahmanishThaah svayam juhvata
ekarshim shraddhayantah | teshaamevaitaam brahmavidyaam vadeta shirovratam
vidhivadyaistu cheernam || 10 ||

tadetatsatyamrushirangiraah provaacha naitadacheernavrato~dheete | namah
paramarushibhyo namah paramarushibhyaha || 11 ||

oum bhadram karnebhih shrunuyaama devaaha | bhadram
pashyemaakshabhiryajatraah | sthirairangaistushTuvaagmsastanoobhih | vyashema
devahitam yadaayuh | svasti na indro vrudhashravaaha | svasti nah pooshaa
vishvavedaaha | svasti nastaarkshyo arishTanemihi | svasti no bruhaspatirdadhaatu ||

om shaantih shaantih shaantihi ||